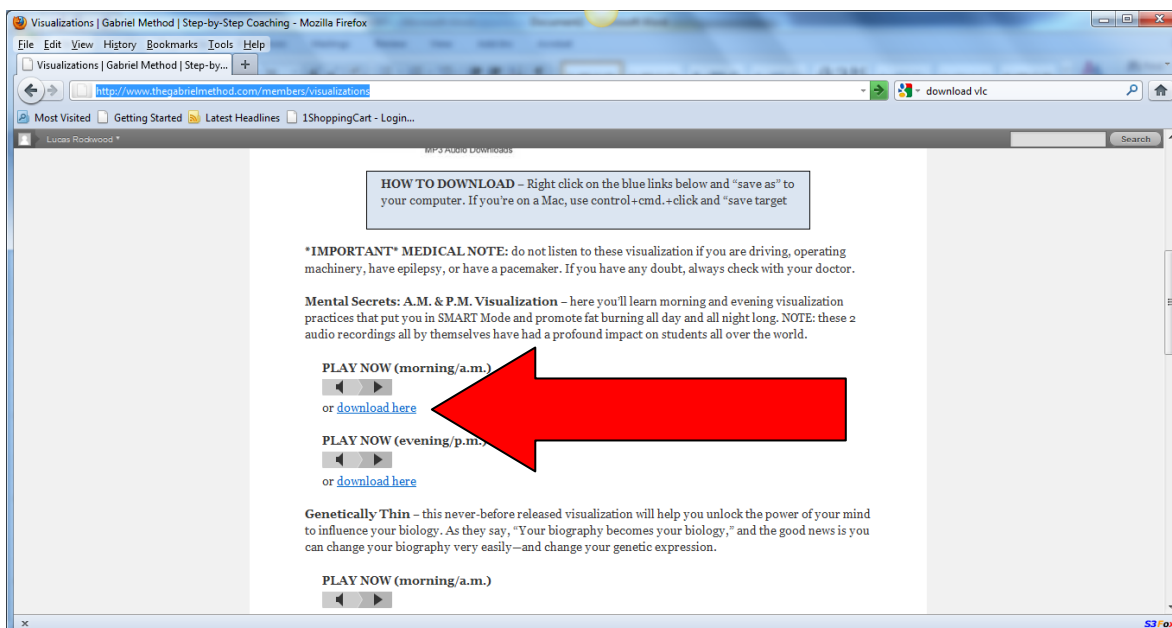


# How to Download Your Digital Product Files

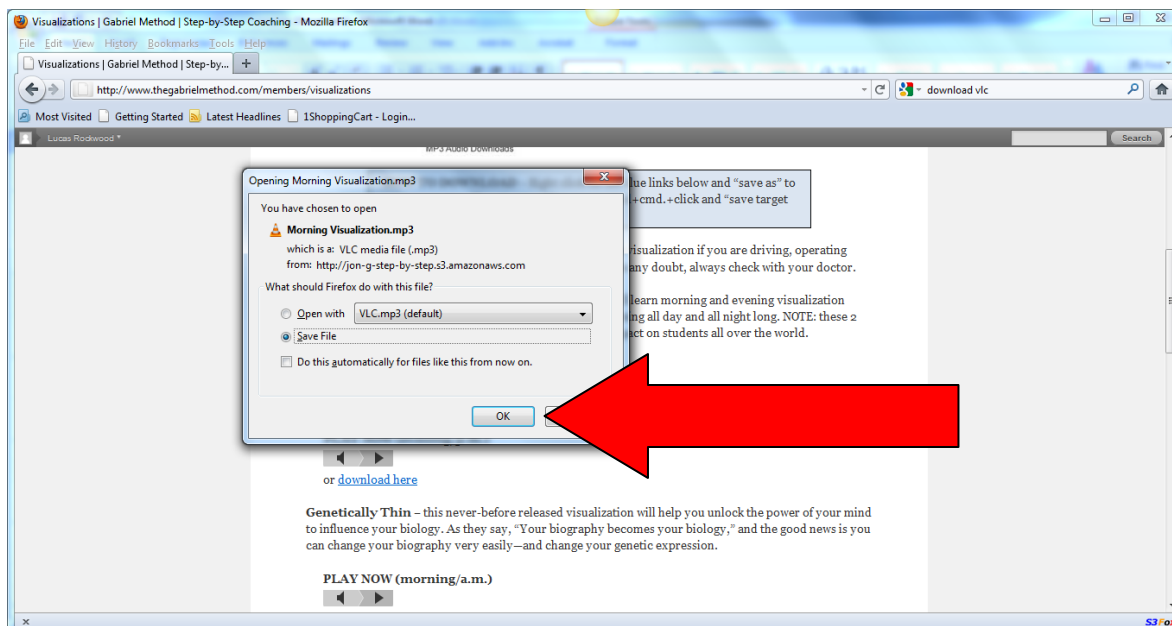
**Step 1:** Visit [www.thegabrielmethod.com/members/](http://www.thegabrielmethod.com/members/)

NOTE: you'll need to use your login and password to access.

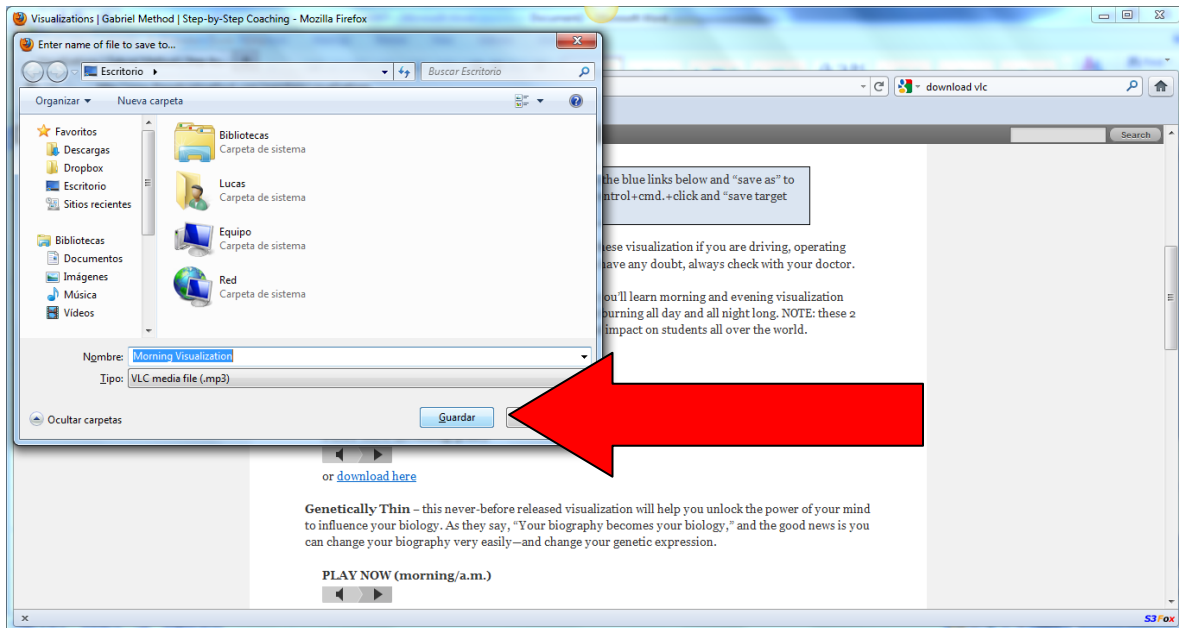
**Step 2:** Scroll down to the file you would like to download. Right click on the blue link that says "download here" and then select "save as". If you're on a Mac, please command + control + click, and then "save target as".



**Step 3:** A pop-up window will appear, giving you the option to either open the file or save it. Select "save file" and then press OK.



**Step 4:** Another pop-up window will appear, asking you where you would like to save the file. Choose a location on your computer (like your Desktop) and click Save.



**Step 5:** You can then open the files in any player you like including iTunes or Windows Media. For video files, we recommend using: [VLC PLAYER](#) It is free and will play any file on any computer.

**Other Helpful Links:**

- How to Add Files to iTunes? [WATCH THIS VIDEO](#)
- Free Video Player for Any File [Type GET VLC PLAYER HERE](#)

**You've Done It!**